

# 2019 Fall Festival of X-Cellence

## Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

*Held under the sanction of USA Swimming*

Meet Sanction Info:	<b>NJ Swimming Sanction #- NJS101819SC</b> <b>Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction.</b> It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	<b>Friday, October 18<sup>th</sup> - Sunday, October 20<sup>th</sup>, 2019</b>		
Location:	<b>DeNunzio Natatorium</b> (directions included), Faculty Road, Princeton University.		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. Two 8-lane by 25 yard courses will be used. (Main pool: 9' at dive end, 12' at turn; Dive pool: 12' at dive end, 17' at turn). There is ample seating for spectators.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Coach Lucy	609-252-0206	<a href="mailto:headcoach@xcelswimming.org">headcoach@xcelswimming.org</a>
Meet Director:	Ellen W Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Bach LeQuang		<a href="mailto:blequang@gmail.com">blequang@gmail.com</a>
Admin Officials:	Ellen Mace, Jason Mace, John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshal:	Bobby DeSandre		<a href="mailto:CoachBobbyD@gmail.com">CoachBobbyD@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday September 16<sup>th</sup>, 2019 at 6:00am</b>		
Entry Deadline:	<b>Friday October 4<sup>th</sup>, 2019 at 6:00pm</b>		
Swimmers Age:	Swimmer ages for this meet are as of: <b>Friday, October 18<sup>th</sup>, 2019</b>		
Entry Fees:	Individual Entry: \$5.00	Relay: \$9.00	
	1000/1650 Freestyle: \$12.00		
	<b>There will be a \$10/day athlete surcharge.</b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format	<ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• There will be 10 &amp; Under, 11-12, 11 &amp; Over, 12-under, 13-14, 14 &amp; Under, 15 &amp; Over, and Open events</li> <li>• <b>There are qualifying times for this meet for all events 200 yards and longer. No qualifying times for shorter events.</b></li> <li>• This meet will be run using two pools. Pools will be divided by age group/gender once all entries are received and a time-line established. This information will be sent via e-mail to participating teams and posted on the meet website <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own.</li> </ul>		

Entry Limits:	Daily: 4 Individual events 1 Relay	Meet: 12 Individual Events 2 Relays
Checks Payable To:	X-Cel Swimming	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Mail Checks/Reports	Bring to the first session of the meet where the team is competing	

## 2019 Fall Festival of X-Cellence

Friday-Sunday, October 18<sup>th</sup>-20<sup>th</sup>

### Friday Order of Events Facility opens at 4:55pm

#### Friday Evening: Sessions #1 & #2—Open 50s, 1000, 1650 Freestyle

Warm-up: 5:00pm			Meet Start: TBA	
Qualifying Time	Women	Age Group & Event	Men	Qualifying Time
	#1	Open 50 Butterfly	#2	
	#3	Open 50 Freestyle	#4	
	#5	Open 50 Backstroke	#6	
	#7	Open 50 Breaststroke	#8	
12:41.19	#9	12 & Under 1000 Freestyle†	#10	12:27.89
12:01.69		13-14 1000 Freestyle		11:26.69
11:50.79		15 & Over 1000 Freestyle		11:02.59
21:20.59	#11	12 & Under 1650 Freestyle†	#12	20:52.99
20:02.99		13-14 1650 Freestyle		19:07.59
19:47.29		15 & Over 1650 Freestyle		18:30.39

- † The 1000 Freestyle will be limited to two heats per gender, divided as follows: 11-12 swimmers: 4 lanes, 13-14 swimmers: 4 lanes, 15 & over swimmers: 8 lanes. The event will swim slowest to fastest.
- ‡ The 1650 Freestyle will be limited to one heat per gender, divided as follows: 11-12 swimmers: 2 lanes, 13-14 swimmers: 2 lanes, 15 & over swimmers: 4 lanes. The event will swim slowest to fastest.

# 2019 Fall Festival of X-Cellence

Friday-Sunday, October 18<sup>th</sup>-20<sup>th</sup>

## Saturday Order of Events

Facility opens at 6:55am

### Saturday Morning: Sessions #3 & #4—12 & Under

Warm-up: 7:00am			Meet Start: TBA	
Qualifying Time	Girls	Age Group & Event	Boys	Qualifying Time
	#13	11-12 200 Freestyle Relay	#14	
	#15	10 & Under 200 Freestyle Relay	#16	
2:41.19	#17	11-12 200 Freestyle	#18	2:35.69
3:38.49	#19	10 & Under 200 IM	#20	3:35.49
	#21	11-12 50 Backstroke	#22	
	#23	10 & Under 100 Backstroke	#24	
	#25	11-12 100 Breaststroke	#26	
	#27	10 & Under 50 Breaststroke	#28	
	#29	11-12 100 Butterfly	#30	
	#31	10 & Under 50 Butterfly	#32	
	#33	11-12 50 Freestyle	#34	
	#35	10 & Under 100 Freestyle	#36	
	#37	11-12 100 IM	#38	
2:56.59	#39	12 & Under 200 Backstroke	#40	2:52.69

### Saturday Midday: Sessions #5 & #6—400 IM

Warm-ups: TBA		Meet Start: TBA		
Qualifying Time	Women	Age Group & Event	Men	Qualifying Time
6:05.79	#41	14 & Under 400 IM **	#42	5:41.79
5:57.59		15 & Over 400 IM **		5:29.09

\*\* Notes: Heats will be limited to 8 per gender. Events will swim slowest to fastest. Swimmers must provide their own timers. Swimmers must make the qualifying time for these events.

### Saturday Afternoon: Sessions #7 & #8—13 & Over

Warm-up: TBA		Meet Start: TBA		
Qualifying Time	Women	Age Group & Event	Men	Qualifying Time
	#43	13-14 200 Freestyle Relay	#44	
	#45	15 & Over 200 Freestyle Relay	#46	
	#47	13-14 100 IM	#48	
	#49	15 & Over 100 IM	#50	
2:33.19	#51	13-14 200 Freestyle	#52	2:22.99
2:29.89	#53	15 & Over 200 Freestyle	#54	2:17.29
	#55	13-14 100 Breaststroke	#56	
	#57	15 & Over 100 Breaststroke	#58	
	#59	13-14 100 Butterfly	#60	
	#61	15 & Over 100 Butterfly	#62	
	#63	13-14 50 Freestyle	#64	
	#65	15 & Over 50 Freestyle	#66	
2:47.29	#67	13-14 200 Backstroke	#68	2:37.09
2:44.09	#69	15 & Over 200 Backstroke	#70	2:29.89

# 2019 Fall Festival of X-Cellence

Friday-Sunday, October 18<sup>th</sup>-20<sup>th</sup>

## Sunday Order of Events

Facility opens at 6:55am

### Sunday Morning: Sessions #9 & #10—12 & Under

Warm-up: 7:00am			Meet Start: TBA	
Qualifying Time	Girls	Age Group & Event	Boys	Qualifying Time
	#71	11-12 200 Medley Relay	#72	
	#73	10 & Under 200 Medley Relay	#74	
3:00.69	#75	11-12 200 IM	#76	2:57.59
	#77	10 & Under 50 Freestyle	#78	
	#79	11-12 50 Breaststroke	#80	
	#81	10 & Under 100 Breaststroke	#82	
3:00.89	#83	12 & Under 200 Butterfly	#84	2:56.59
	#85	10 & Under 100 IM	#86	
	#87	11-12 100 Backstroke	#88	
	#89	10 & Under 50 Backstroke	#90	
	#91	11-12 100 Freestyle	#92	
3:19.19	#93	10 & Under 200 Freestyle	#94	3:06.69
	#95	11-12 50 Butterfly	#96	
	#97	10 & Under 100 Butterfly	#99	
3:23.09	#99	12 & Under 200 Breaststroke	#100	3:14.89

### Sunday Midday: Sessions #11 & #12—500 Freestyle

Warm-ups: TBA			Meet Start: TBA	
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
6:49.39	#101	14 & Under 500 Freestyle **	#102	6:26.59
6:40.69		15 & Over 500 Freestyle **		6:12.59

\*\* Notes: Heats will be limited to 8 per gender. Events will swim slowest to fastest. Swimmers must provide their own timers and counters. Swimmers must make the qualifying time for these events.

### Sunday Afternoon: Sessions #13 & #14—13 & Over

Warm-up: TBA			Meet Start: TBA	
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
	#103	13-14 200 Medley Relay	#104	
	#105	15 & Over 200 Medley Relay	#106	
3:11.99	#107	13-14 200 Breaststroke	#108	2:58.39
3:08.19	#109	15 & Over 200 Breaststroke	#110	2:48.69
	#111	13-14 100 Backstroke	#112	
	#113	15 & Over 100 Backstroke	#114	
2:51.49	#115	13-14 200 IM	#116	2:39.99
2:48.19	#117	15 & Over 200 IM	#118	2:32.69
	#119	13-14 100 Freestyle	#120	
	#121	15 & Over 100 Freestyle	#122	
2:50.09	#123	13-14 200 Butterfly	#124	2:38.29
2:46.79	#125	15 & Over 200 Butterfly	#126	2:31.39

## Meet Schedule

**The Facility will open at 4:55 on Friday, and 6:55am on Saturday & Sunday**

Friday		Warm-up	Start
Sessions 1 & 2	Open 50s, 1000, 1650 Freestyle	5:00pm	TBA
Saturday		Warm-up	Start
Sessions 3 & 4	12 & Under	7:00am	TBA
Sessions 5 & 6	400 IMs	TBA (approx 12:15pm)	TBA
Sessions 7 & 8	13 & Over	TBA (approx 2:30pm)	TBA
Sunday		Warm-up	Start
Session 9 & 10	12 & Under	7:00am	TBA
Session 11 & 12	500 Freestyles	TBA (approx 12:15pm)	TBA
Session 13 & 14	13 & Over	TBA (approx 2:30pm)	TBA

**The complete schedule will be developed once entries have been received. The timeline will be e-mailed to coaches of participating teams and posted on the meet web site.**

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top three swimmers in each individual event.</li> <li>• Medals will be awarded for the top 3 swimmers in each age group of combined age group events in the Saturday &amp; Sunday sessions.</li> <li>• There will be no awards for Friday session events.</li> <li>• Medals will be awarded to the top 3 relays in each relay event.</li> </ul>
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>• There will be a \$10/day swimmer surcharge.</li> <li>• Heat sheets will be available on <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile.</li> <li>• Spectator admissions may be limited by the facility occupancy limit.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• Food and drink will be available in the Jadwin Gymnasium, next door to the DeNunzio Natatorium.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• A swim vendor will be at the meet.</li> </ul>
Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
Entry Information:	<ul style="list-style-type: none"> <li>• There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt.</li> <li>• All entries will be accepted on a first come basis.</li> <li>• <b>Bring the signed waiver and entry fee check to the first session of the meet where the team competes.</b></li> <li>• <b>Entry Fee Summary forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</b></li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Entries will be taken until the meet fills. The host club must stay within USA Swimming’s four hour per session rule.</li> <li>• <b>Special Notice:</b> All entries fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow ‘NT’ or ‘No Time’ to be used as an entry time.</li> <li>• All entry times must be in short course yards. Converted times are acceptable.</li> </ul>

Distance Events:	<ul style="list-style-type: none"> <li>All events will be swum slowest to fastest.</li> <li>Swimmers are responsible to supply their own timer.</li> <li>All 500, 1000, and 1650 yard Freestyle swimmers are responsible to provide a person to count.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>The 1000 yard Freestyle will be limited to 2 heats per gender, divided up as follows: 11-12 swimmers: 4 lanes, 13-14 swimmers: 4 lanes, and 15 &amp; Over swimmers 8 lanes.</li> <li>The 1650 yard Freestyle will be limited to 1 heat per gender, divided up as follows: 11-12 swimmers: 2 lanes, 13-14 swimmers, 2 lanes, and 15 &amp; Over swimmers 4 lanes.</li> <li>The 400 yard IM and 500 yard Freestyle will be limited to a maximum of 8 heats per gender per event.</li> <li>Swimmers whose seed times place them below the limit will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches.</li> <li>Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>Unattached swimmers may not swim in any relay.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</li> <li>All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li><b>All swimmers 18 &amp; Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</b></li> </ul>
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane throughout the meet, except for the distance sessions where swimmers will provide their own timers and lap counters.</li> <li>The host club will have stopwatches available for volunteers helping to time.</li> <li>The host club will e-mail entry verification back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website (<a href="http://www.besmarttinc.com">www.besmarttinc.com</a>) no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website (<a href="http://www.besmarttinc.com">www.besmarttinc.com</a>) 1 week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>

<p>Coaches Conduct &amp; Eligibility:</p>	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</li> <li>• All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
<p>Officials Conduct &amp; Eligibility:</p>	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>
<p>Meet Format Waiver:</p>	<p>This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet with the approval of the sanctioning chair and either the age group or senior chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time period.</li> </ul> <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• Swimming Equipment is <b>not allowed</b> in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>must</b> receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• There will be two 30-minute warm-ups divided by teams for 13 &amp; Over, and two 25-minute warm-ups divided by teams for 12 &amp; Under sessions.</li> <li>• For the 500 freestyle and 400 IM events, there will be one 30-minute warm-up session. <b>This warm-up may be in one of the pools while the other pool is still in session.</b></li> </ul>
<p>Check-In:</p>	<ul style="list-style-type: none"> <li>• All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with “SCR” next to the circle.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>



No Show Procedure:	<ul style="list-style-type: none"> <li>No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.</li> </ul>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a> &amp; <a href="http://www.njswim.org">www.njswim.org</a></p> <p><b>Pre-Meet Information posted on website.</b></p> <ul style="list-style-type: none"> <li>Meet Information will be posted on the website.</li> <li>Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>List Teams whose entries have been received.</li> <li>List "heat limited" events psych sheet.</li> <li>List Updated meet schedule.</li> <li>List Warm-up Schedule and Team Warm-up Assignments.</li> <li>List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website.</b></p> <ul style="list-style-type: none"> <li>Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>Printable meet results (.PDF file)</li> </ul>
Results:	<ul style="list-style-type: none"> <li>Results will be e-mailed to teams participating in the meet.</li> <li>Results will be posted on the meet website and on the NJ Swimming Website <a href="http://www.njswimming.org">www.njswimming.org</a></li> </ul>
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
Minor Athlete Abuse Prevention Policy (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. <b>"Tech suits" are not permitted at this meet for 12 &amp; under swimmers.</b> "Tech Suits" are defined as suits that have Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits may be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a>
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Hotel:	<ul style="list-style-type: none"> <li>Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate</li> <li>Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate</li> <li>Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast</li> <li>Princeton Courtyard by Marriott, Route 1 &amp; Mapleton Rd. 609-726-9100 Rates include breakfast</li> </ul>
Directions:	<p><b>Google Maps: <a href="https://goo.gl/maps/a2nFrj6BFzq">https://goo.gl/maps/a2nFrj6BFzq</a></b></p> <p>Princeton University DeNunzio pool is conveniently located approximately one mile west of Route 1. Turn West onto Route 571 (Washington Avenue). Cross the bridge over Carnegie Lake. At the first light, turn right onto Faculty Road. The pool, followed by the parking lot will be on your left.</p>





NEW JERSEY SWIMMING

# 2019 Fall Festival of X-Cellence

Friday-Sunday October 18th-20th

## Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Princeton University, X-Cel Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

## Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **X-Cel Swimming Fall Festival of X-Cellence meet on October 18th-20th, 2019** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding this entry:

Name/E-Mail/Phone Number of person to contact regarding timers/officials:

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Entry Fee Summary:	_____ Individual event entries @ \$5.00 =	\$ _____
	_____ Relay event entries @ \$9.00 =	\$ _____
	_____ Swimmer surcharges @ \$10/day =	\$ _____
	Total:	\$ _____

Make checks payable to: **X-Cel Swimming**